

Mommy's Guide to

# First Aid & CPR training

**Botshilu  
Bambinos**



*Taking baby steps with you*

As a parent, would you be confident to perform CPR on your infant or toddler should they struggle to breathe or choke? If the answer is "NO", we invite you to come along and receive training that could save lives! This training includes First Aid

**Saturday, 22 April 2023**

**Venue: Botshilu Private Hospital**

**Time: 09:30 - 10:30 \* Please arrive 30min before**

**RSVP: <https://bit.ly/43mongm>**

**Training Includes:**

- Steps leading to CPR
- Compressions & Breaths
- How to help a choking infant

**Cost:**

**R250 Single**

**R350 Per Couple**

**\* POP confirms your booking**



**[www.botshilu.co.za](http://www.botshilu.co.za)**

Contact Us For More Information:

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